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B.C. POLICE HOLIDAY CARDS FEATURE A MACHINE-GUN TOTING ST. NICK PAGE 5

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Partnership hopes to make Sask. a leader in global food security

Premier Brad Wall speaks at the University of Saskatchewan's Agriculture Building during the official launch of the Global Institute for Food Security on Monday morning. The province and PotashCorp contributed a combined $50 million over the next seven years for the institute and they say it will make Saskatchewan an international leader in global food security. MORGAN MODJESKI/METRO IN SASKATOON

GIFS launched.

PotashCorp, province contribute a total of $50M over next 7 years

MORGAN MODJESKI
Metro in Saskatoon

Saskatchewan is on its way to becoming a leader in global food security thanks to a new partnership announced Monday between the University of Saskatchewan, PotashCorp and the province.

Funded over seven years by $15 million from the province and $35 million from PotashCorp, the new Global Institute for Food Security (GIFS) at the U of S will examine everything from boosting crop yields to government agricultural policies.

Premier Brad Wall said he hopes the institute will make the province a leader in advancing global food security.

"The world's going to get more hungry, not less, and not only that, but as we see a growing middle class in places like India, China and Indonesia … that growing middle class wants higher protein in their diet," said Wall.

"In many respects that means more importance on today's announcement and more opportunities for Saskatchewan."

Bill Doyle, CEO and president of PotashCorp, said the partnership is important, as food security is necessary for a thriving global population.

"Once you have proper nutrition and you feed people properly, they can be educated and be contributing citizens to the world," said Doyle.

Ilene Busch-Vishniac, president of the U of S, said as the global demand for food rises, institutes like the GIFS will help accommodate the increase.

"We've now hit the point where even in Saskatchewan — a province where agriculture is hugely important — fewer than 10 per cent of the workforce are engaged in actively putting food on the table," said Busch-Vishniac.

"What that means is we've become much more productive in what we do.… Nonetheless, there are people going hungry in our province, there are people who are hungry all over the world, and we need to address those issues."

WITH FILES FROM THE CANADIAN PRESS

This house makes a home

"You've taken a broken family and gave a mom and her boys some faith," says a Regina woman after receiving the key to her Mountie House PAGE 3

Fifty Shades of Grey brings in the green

Random House employees get a big year-end bonus, thanks in part to one hit trilogy PAGE 6

The best drink she ever had?

She liked it and she put some ink on it: Beyonce has signed a $50-million deal with Pepsi, becoming the latest celebrity face of the brand PAGE 10

Sinclair scores athlete of the year honours

The Burnaby, B.C., Olympian is the first soccer player to win the Lou Marsh Award PAGE 14

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Woman, sons get 'new beginning' for holidays

Habitat for Humanity. Regina mother of four receives the keys to a new house, which was built with the support of the Mounties

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

A Regina family has a new place to call home — thanks to some Mounties in red and Habitat for Humanity.

"It's a new beginning for us from where we were. It's a fresh start for the boys, a future for the boys, so it means a lot," said new homeowner Christine Eberle.

Eberle and her children received the key to the house Monday at the RCMP Depot's Drill Hall in the presence of cadets, some of whom helped build the home.

"Always remember how you've taken a broken family and gave a mom and her boys some faith, confidence, pride and most of all, hope," Eberle told the cadets in an emotional speech.

Eberle has been living with her sister since her husband left the family and their rental property became unavailable. For nine months, she and her four boys, ranging in age from 10 to 17, have been living in a three-bedroom house with a total of nine people.

Eberle's Habitat house was financially sponsored by the RCMP Depot Division and many cadets took the time to volunteer in building it.

"If you can help families grow, change their lives and get a leg up, it's limitless what you can actually do. You can't teach this in a classroom. This is real. Christine and her family are living a real-life situation," said Roger Brown, commanding officer of Regina's Depot Division.

Brown says a big part of the force's philosophy behind the project is to pay-it-forward and it has already started raising money for a third Mountie house.

Dalton Eberle, 12, leads his three brothers and mother past RCMP Troop 6 cadets to the door of their new house.
ALYSSA MCDONALD/METRO

Consultations

Aboriginal education task force turns up positives

Many groups have come up with recommendations to improve education for First Nations and Métis people.

But the latest — a joint task force with the Saskatchewan government, the Federation of Saskatchewan Indian Nations and Métis Nation – Saskatchewan — is focusing on the positives.

Chair Gary Merasty says he was surprised at how much hope and optimism is out there in the Aboriginal community with regards to moving forward and contributing to the growth of Saskatchewan.

The group began work in May and has travelled to 16 communities to hold individual and public consultations with hundreds of people.

It will present its final report at the end of March. CKOM/THE CANADIAN PRESS

Massey Road

Hit-and-run puts cyclist in hospital

The Regina Police Service is asking for the public's help in the investigation of a collision involving a cyclist and a vehicle on Dec. 8, sometime before 2 a.m.

The cyclist, a 36-year-old man, sustained serious injuries. The vehicle did not remain at the scene of the accident.

Police say a small, red 1990-95 sports car was heading northbound on Massey Road when it struck the cyclist. Police reconstructionists believe the vehicle sustained noticeable damage in the accident.

Anyone with information is asked to contact the Regina Police Service at 306-777-6500. METRO

Online

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Undercover research.
Animal cruelty rooted out at Manitoba hog farm

BERNICE PONTANILLA
Metro in Winnipeg

An animal-welfare advocacy group said a months-long undercover investigation at a Manitoba hog farm demonstrates a need for swift action on the part of retailers, industry and government.

"The extreme cruelty documented at this factory farm would horrify most Canadians but is considered standard and acceptable within the pork industry," said Twyla Francois, director of investigations for Mercy For Animals (MFA) Canada, at a press conference in Winnipeg on Monday.

"These are the standards that exist right across Canada."

The footage was captured by an undercover investigator who spent 10 weeks from July to September working at hog farm Interlake Weanlings, owned and operated by Puratone in Arborg, Man.

In it, sows are seen in pens so small that they cannot turn around, called gestation crates. The video also showed sows with sores and eye infections, as well as the tails and testicles of piglets being sliced off without painkillers.

Francois said this facility was randomly selected, as the investigator sent many job applications and it was the first to hire him.

The MFA is calling on grocery retailers Sobeys, Superstore and Walmart to stop purchasing from companies that employ such practices.

Gestation crates have been banned by the EU, Australia, New Zealand and nine U.S. states.

Maple Leaf Foods, which is in the process of purchasing Puratone, has committed to phasing out gestation crates by 2017.

Official response

A statement from Ray Hildebrand, president and CEO of The Puratone Corporation:

- "We are disturbed by some of the images ... which do not reflect our animal welfare policy and principles.... All of our employees receive training to ensure that they adhere to these standards, and we have veterinarians on staff to enforce these requirements. We have launched an immediate investigation and corrective actions will be taken."

Twyla Francois of Mercy For Animals. BERNICE PONTANILLA/METRO IN WINNIPEG

Hazy days

Marijuana now legal in Colorado

Marijuana for recreational use became legal in Colorado on Monday when the governor took the procedural step of declaring the voter-approved change part of the state constitution.

Colorado became the second U.S. state after Washington to allow pot use without a doctor's recommendation. Both states prohibit public use of the drug, and commercial sales in Colorado and Washington won't be permitted until after regulations are written next year.

Gov. John Hickenlooper, a Democrat, opposed the measure but had no veto power over the voter-approved amendment to the state constitution.

Adults over 21 in Colorado may now possess up to an ounce of marijuana or six plants. Public use and sale remain illegal.

Colorado and Washington officials both have asked the U.S. Department of Justice for guidance on the laws that conflict with federal drug law. Of special concern for state regulators is how to protect state employees who violate federal drug law by complying with state marijuana laws.

THE ASSOCIATED PRESS

Allegations of bias fly in robocall case

Election scandal.
Pollster Frank Graves grilled over donations to federal Liberals

The credibility of a key witness in a legal bid to overturn Conservative victories in six closely contested ridings came under fire Monday as hearings began into allegations of voter-suppression tactics during the last federal election.

Eight Canadians — supported by the left-leaning Council of Canadians — are challenging the results in those six ridings, alleging misleading or harassing phone calls kept some people from voting and may have affected the results.

Central to the Federal Court case by eight applicants is a report by the firm of pollster Frank Graves, which he says shows signs of a targeted voter-suppression campaign aimed at non-Conservative voters during the May 2011 election.

On Monday, Conservative party lawyer Arthur Hamilton grilled Graves, president of Ekos Research, over donations to the federal Liberals dating back to 2006, as well as inconsistencies in prior court affidavits submitted as part of the case.

Graves is unfit to be an expert witness in the case, Hamilton argued.

The Conservative party lawyer produced screenshots from the Elections Canada website showing three donations between 2006 and 2008. Graves said his office recorded the cheques as donations to the party.

Earlier in the day, Hamilton argued the case is frivolous, saying the eight applicants are really just stand-ins for the left-wing council.

The applicants' lawyer, Steven Shrybman, during a recess of Federal Court on Monday. ADRIAN WYLD/THE CANADIAN PRESS

"There are simply too many pieces of evidence which point to the fact that the Council of Canadians is the real applicant here," Hamilton told the court.

Hamilton is asking the court to dismiss each of the applications. The council has no bona-fide witnesses who could testify that they actually were dissuaded from casting a ballot because of the calls, he noted.

But Garry Neil of the Council of Canadians said the applicants need only show the calls were made, sullying the electoral process. THE CANADIAN PRESS

Elections Canada investigation

The case is parallel to — and unsupported by — an ongoing Elections Canada investigation into the fraudulent robocalls, stemming from complaints that have surfaced in 56 ridings across the country.

- **Tory denial.** While the misleading phone calls appeared to target non-Conservative voters, the Conservative party insists it had no involvement in any such scheme and says it is assisting the investigation.
- **Greasy culprit.** A shadowy operative known only as "Pierre Poutine" is believed to be behind the calls. However, Elections Canada has not yet been able to find that person.

Canada may see little return on $40B jet investment: Report

Amid the avalanche of figures, statistics and soothing political assurances coming this week on the Conservative government's troubled stealth fighter program, one report will warn about the lagging benefit for Canada's aerospace sector.

"The government has been promising the world, but that's going to be very different than what's in hand," said Winslow Wheeler, a U.S. aviation expert and critic of the F-35.

When the Harper government announced its intention to buy the Lockheed Martin-built F-35 Lightning II in 2010, government ministers trumpeted the benefits to Canadian aerospace companies.

The air force's research, largely based on information from the U.S. manufacturer, suggested Canadian industry would be in line for as much as US$12 billion in manufacturing or spare parts contracts.

Industry Canada quietly lowered those expectations last spring, to US$9.85 billion, following a blistering report from the auditor general on how the program has been managed.

An F-35 Joint Strike Fighter in 2010. THE CANADIAN PRESS FILE

Government sources say analysis coming this week as part of a Public Works agency report suggests Canadian companies will struggle to reach the US$9 billion mark, thanks to stiff competition from other nations whose participation in the development has given them preferential access to the manufacturer's supply chain.

The F-35 project is unlike traditional military procurements, in which the winning contractor is required to spend the equivalent of the contract value in Canada.

To date, 70 Canadian companies have secured more than US$435 million in contracts.

THE CANADIAN PRESS

Cops enlist machine-gun Santa

Christmas crackdown. Provocative holiday card offers a helpline for offenders looking to choose a new path

EMILY JACKSON
Metro in Vancouver

Abbotsford, B.C., police hope a naughty holiday card will inspire gangsters to be nice.

Police sent a holiday card on Friday featuring Chief Const. Bob Rich dressed as a machine-gun-toting Santa in tactical gear to dozens of prolific offenders and people involved with drugs and gangs.

The card asks, "Which list will you be on next year? Will it be naughty or nice?" On the inside, it provides a phone number to call for help making better choices.

Sure, it's a little provocative, but that's what could make people open the card and realize the police are there to help them choose a different path in 2013, Const. Ian MacDonald said.

"If it was just a snow-scape from the APD with just the additional messaging, we don't think it would get peoples' attention in the first place," MacDonald said.

Many offenders it was sent to have likely seen officers in Emergency Response Team gear anyway, especially if they're involved in drugs, he said. The card is in the mail to those who have 10 or more criminal convictions, have been the subject of five or more police investigations in the past six months, are at a set address to obey court conditions or are involved in gangs or drugs.

Should people call the line, they'll have the chance to set a time to speak to police about a new path.

The Abbotsford, B.C., police sent this holiday card to known offenders and people with gang affiliations. CONTRIBUTED

Auction. Album signed by John Lennon for his killer on sale for $650k

A copy of the album Double Fantasy signed by John Lennon for the man who would murder him a few hours later has gone on sale for $650,000 US.

Included with the record are police reports, forensically enhanced fingerprints of killer Mark David Chapman and letters from the district attorney, Moments in Time president Gary Zimet said.

Lennon had autographed the front of the dust jacket, scrawling his name and the date across a photograph of his wife, Yoko Ono, five hours before Chapman shot and killed him on Dec. 8, 1980, outside the Dakota apartment building where Lennon and Ono lived in New York City.

A photograph of Lennon standing next to Chapman and signing the album cover has turned into a piece of pop history itself.

Chapman, who pleaded guilty to second-degree murder, has recently been denied parole for a seventh time and remains incarcerated at the Wende Correctional Facility in western New York state. He shot Lennon four times with a .38-calibre revolver.

John Lennon THE ASSOCIATED PRESS FILE

Philip Michael of Hamburg, N.J., found the discarded disc in a planter outside the Dakota apartment building hours after the shooting and turned it over to police as evidence. TORSTAR NEWS SERVICE

Killing spree

Killer cop Manuel Pardo to be executed Tuesday

A decorated Florida police officer who killed nine people during a 1986 crime spree after he was fired for lying is scheduled to be executed Tuesday night. U.S. Judge Timothy Corrigan denied Manuel Pardo's request for a stay on Monday.

Pardo's attorneys continue to try to block his execution, arguing in federal appeals that the 56-year-old is mentally ill, something his trial attorney believed more than two decades ago.

"I think that anyone who would get up and ask a jury (to) sentence him to death is insane," lawyer Ronald Guralnick has said.

THE ASSOCIATED PRESS

Fourth allegation

Another Elmo accuser emerges

Another man is suing the former Elmo puppeteer who resigned amid sex abuse allegations, claiming the voice actor befriended him in Miami and promised to be a father figure before flying the teen to New York to have sex with him.

The alleged victim is now the fourth to accuse Kevin Clash, who resigned from Sesame Street last month after 28 years. The three legal actions filed so far have been civil cases seeking financial compensation.

But the incident with the latest victim could involve criminal charges, as the lawsuit claims Clash transported him across state lines for the purpose of engaging in sexual activity.

THE ASSOCIATED PRESS

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Tie one on! Random House employees to get $5K cheques

Bondage bonus. Publishing house has had banner year, thanks to Fifty Shades of Grey

Sex sells, but it also gives back. Thousands of Random House employees in Canada and the United States will each receive a $5,000 bonus cheque on Thursday as a "thank you" for a lucrative publishing year.

The erotic bestseller Fifty Shades of Grey and its two sequels, published by Random House, have sold 60 million copies worldwide.

Other Random House titles have also raked in profits this year, including Gone Girl by Gillian Flynn, Wild by Cheryl Strayed and The Racketeer by John Grisham.

"This is a one-time special thank you for a great 2012," Random House U.S. spokesman Stuart Applebaum told Torstar News Service. "To my long recollection, this is the first time we have done something of this scope and magnitude."

A few thousand Random House employees in the U.S. and 170 in Canada will see their bonuses in this Thursday's paycheques, Random House Canada spokeswoman Tracey Turriff said.

"Everyone from the CEO to the staff in the operating centres will each receive the same amount," said Applebaum.

Fifty Shades is published in 31 languages, but the bonuses are "a North American initiative," said Turriff. Employees who've worked for Random House for the full year will get $5,000, said Turriff. Newer employees' bonuses will be pro-rated.

Random House — a division of media giant Bertelsmann — and publishing behemoth Penguin Books announced a worldwide merger in October.

TORSTAR NEWS SERVICE

This combination of book cover images shows the Fifty Shades of Grey trilogy by bestselling author E L James. Random House, which publishes the books, had such a good year it's giving employees $5,000 year-end bonuses. THE ASSOCIATED PRESS FILE

Quoted

"To my long recollection, this is the first time we have done something of this scope and magnitude." Random House U.S. spokesman Stuart Applebaum

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Bad apps? FTC wants to know if software firms collected personal data from children

Software companies that make cellphone apps are being investigated to determine whether they have violated the privacy rights of children by quietly collecting personal information from phones and sharing it with advertisers and data brokers, the U.S. Federal Trade Commission (FTC) said Monday.

Such apps can capture a child's physical location, phone numbers of their friends and more.

The FTC, a U.S. government agency, described the marketplace for mobile applications — dominated by online stores operated by Apple and Google — as a digital danger zone with inadequate oversight. In a report prepared by the FTC's own experts, it said the industry has grown rapidly but failed to ensure the privacy of young consumers is adequately protected.

Of the 400 apps designed for kids examined by the FTC, most failed to inform parents about the types of data the app could gather and who could access it, the report said.

Others apps contained advertising that most parents would find objectionable and included links to Facebook, Twitter and other social media services where kids post information about themselves.

The report said some mobile apps can siphon data that could be used to develop a detailed profile of a child to "invisible and unknown" third parties without a parent's knowledge or consent.

THE ASSOCIATED PRESS

By the numbers

400

Of the 400 apps designed for kids examined by the FTC, most failed to inform parents about the types of data the app could gather and who could access it, the report found.

Oilsands. Nexen takeover would have been hard sell under new rules, federal minister says

Natural Resources Minister Joe Oliver is suggesting the $15.1-billion takeover of Nexen by a state-owned Chinese company would not have been OK'd under new investment rules.

Oliver's comments Monday came on the heels of strict limits being placed on how much foreign state-owned influence is acceptable, particularly in the oilsands.

The federal government approved foreign takeovers Friday of Calgary-based Nexen Inc. and Progress Energy Resources Corp. but also updated the rules around such deals.

After a speech to the Canadian Association of Petroleum Producers, Oliver said the Nexen takeover — under the new rules — "would have been difficult because it would had to have been an exceptional situation." THE CANADIAN PRESS

Wireless industry

Defend us from roaming fees, poll respondents say

A new study says consumers want better protection from international data roaming fees on their cellphones. The study by the Public Interest Advocacy Group says Canadians are insecure about using their wireless device while travelling — 44 per cent of those surveyed said they preferred to leave their device off when travelling.

THE CANADIAN PRESS

Strange bedfellows

Apple, Google bid jointly for Kodak patents

Apple and Google, bitter rivals in smartphone technology, have joined up to make a combined bid for a bundle of patents offered by photography pioneer Kodak, according to a published report. Bloomberg News reported that Apple Inc. and Google Inc. have abandoned competing bids for the portfolio to offer a combined US$500 million.

THE ASSOCIATED PRESS

Safety concerns

Ford to update 2013 Fusion, Escape software

Ford Canada will update software on 2013 Escape SUVs and Fusion cars to fix a coolant problem that can cause fires. Last month the automaker recalled about 91,500 of the vehicles, including 9,850 in Canada, after getting complaints about overheating and fires. Only vehicles with 1.6-litre turbocharged engines are affected. THE CANADIAN PRESS

U.S. facing pressure to allow more Internet controls

Talks over possible new UN regulations for the Internet were deeply divided Monday, with Russia and others advocating for more government control, while a U.S.-led bloc warned against rules that could restrict freedoms in cyberspace.

The Dubai conference, which wraps up later this week, is not empowered to bring about any immediate changes on how the Internet operates.

But the U.S. and its backers argue that sanctioning greater government roles in Internet oversight could allow governments that already heavily censor web traffic, such as China or Iran, to justify more restrictions and monitoring.

A high-powered U.S. delegation — including representatives from tech giants such as Google Inc. and Microsoft Corp. — has tried to block all discussions of possible Internet regulations. The effort, however, has met strong resistance from countries such as Russia that want greater control over online commerce and security.

So far, the closed-door talks have failed to find much common ground at the 193-nation UN International Telecommunications Union — which last updated its rules in 1988, long before the Internet became a global force.

"What's happened in the conference is a variety of proposals have come in from other nations that get into the Internet, that look at Internet governance," said the head of the 123-member U.S. delegation, Ambassador Terry Kramer, in a video uploaded by organizers late Sunday.

"It creates an open door for review of content and potential censorship there. It will create a chilling environment for the Internet." THE ASSOCIATED PRESS

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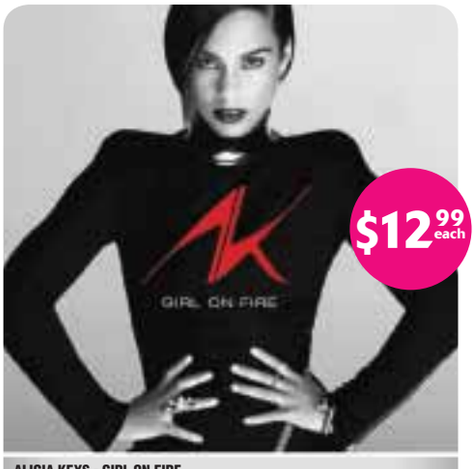

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MAKE NICE FOR THE HOLIDAYS AND AVOID THESE NAUGHTY MISTAKES

SHE SAYS...
Jessica Napier
metronews.ca

The holidays tend to bring out the best in people, but occasionally (often) they also bring out the worst. Here are five common mistakes you'll probably make at some point this season, but maybe should try to avoid.

1. Do something inappropriate during the office holiday party.

It doesn't take a genius to figure out that free booze plus annoying co-workers (or even worse, a sexy co-worker) makes for a terrible combination. Plenty of you are going to get yourselves into trouble after a few too many eggnog-based bad-idea bevvies. But be sure to alternate between yuletide cocktails and water to avoid turning into a red-faced wreck and remember, what happens at the office party ends up on Facebook.

2. Attempt to shop for others and buy gifts for yourself, instead.

I get it; you're roaming the mall on a peppermint mocha high and suddenly you want to buy ALL THE THINGS. But you know who's going to be really mad about that decision? Future you. A $40 lipstick is going to seem pretty wasteful when you see your credit card bill in January.

3. Feel sad about spending the holidays alone.

There's something about this time of year that brings out the smugness in happily-in-love couples. And sure, it would be ideal if we all got to spend the holidays walking hand-in-hand with that special someone through a majestic snow-covered winter wonderland, but the reality is, that may not happen for you. So ignore your Facebook feed as it lights up like a Christmas tree with engagement ring photos and focus on yourself. Spend the money you saved on not buying a gift for a significant other on an enjoyable solo excursion and laugh at all those people suffering through overcooked turkey with the in-laws.

4. Make the 'seriously?' face after opening a terrible gift.

It's hard to feign excitement over a lacklustre gift. One year my grandparents gave me a biblical pamphlet and a pair of scissors. No, it wasn't a joke. I smiled graciously despite my secular leanings and an abundance of clippers back home. Because, if the holidays are about making others happy, then pretending you really love a three-pack of gym socks or a novelty tie is the least you can do.

Which brings me to my final mistake.

5. Forget what it's really all about.

The holidays aren't really about the presents. They're about being present (see what I did there?) with your loved ones. So stop Instagramming your holiday haul and try to warm that Grinch-heart by having an actual conversation with your family.

No need to make the puppy face this season. SADIEHART/FLICKR

Darwinism makes fashion sense

REBECCA ROSE/TWITTER

Monkeying around

Haven't you always wanted one?

The world-famous Ikea monkey is heading to a new home at Story Book Farm Primate Sanctuary in Sunderland about 100 kilometres north of Toronto.

Toronto Animal Services loaded up the now-world-famous primate around 1:15 p.m. Monday and sent him north with a staff member overseeing his trip.

"I believe that will be his new home now," said Mary Lou Leiher, program manager for partnerships and marketing at TAS.

Darwin had been morose after spending a night in lockup following his Sunday afternoon romp in a North York Ikea parking lot. The seven-month-old rhesus macaque apparently managed to open his crate and escape his owner's car to spend about 30 minutes wandering around the lot in a faux-shearling coat and diapers.

Once captured, he was taken to a TAS shelter where he was healthy, but "having a bad day," said Leiher. TORSTAR NEWS SERVICE

@GRAPHICMATT/TWITTER

Runaway to runway

SSENSE/CONTRIBUTED

Darwin is setting fashion trends with his tan, double-breasted shearling coat.

- Toronto Life claimed there's a coat to make you look as dapper as the Ikea monkey: the "tan, faux-shearling parka from A.P.C. with inset pockets and a concealed zipper..." (Pictured above, which was published next to a picture of Darwin).

Memes

Ikea monkey often imitated

From one-liners, to silly new Ikea slogans, to Photoshopped pictures, people are having endless amounts of fun with the news that a monkey named Darwin was spotted running around outside an Ikea in a shearling coat on Sunday.

One user posted a picture of the monkey, sporting its stylish coat juxtaposed with pictures of Ryan Gosling and Jared Leto wearing similar jackets asking, "Who wore it best?" TORSTAR NEWS SERVICE

PERRYCARROT/INSTAGRAM

Metropolitan Panel

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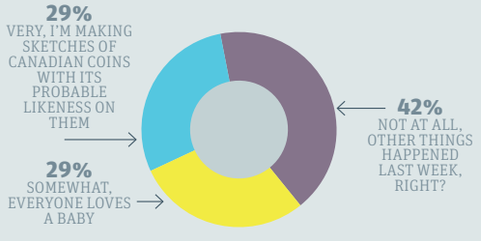
How interested are you in the royal baby?


29%
VERY, I'M MAKING SKETCHES OF CANADIAN COINS WITH ITS PROBABLE LIKENESS ON THEM
29%
SOMEWHAT, EVERYONE LOVES A BABY
42%
NOT AT ALL, OTHER THINGS HAPPENED LAST WEEK, RIGHT?

Twitter

@SarahEtterYQR:
Hey, #yqr - I hope none of you have tried to rent a gorgeous condo at the Balfour for 650 a month off of kijiji - it's fraudulent ad!

@lgr:
My kids Halloween candy is almost gone. Where am I going to get my chocolate fix from now? Hurry up Christmas!

@bosswilly91:
Do you ever get in a new group of people and you think back to high school and figure out who they remind you of? #goodoldays

@MikeTMiddleton:
Just my luck, tried to avoid a train on the ring road and ended up getting stopped by two trains on my detour! #ohwell

@FoxxwortheeCrys:
Dear NHL hockey. Friends off.

@laurneumann:
Watching cars driving on these roads is like watching a sh—y underwater ballet.

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Big Boi's new album Vicious Lies and Dangerous Rumors is his second standalone effort from OutKast. ANDREW ZAEH

Setting the record straight on a dangerous rumour

Big Boi's new album. One half of OutKast has some new work to share, but first Metro had to find out how to Tom Petty someone

PAT HEALY
Metro World News

Vicious Lies and Dangerous Rumors, the second stand-alone solo album from Big Boi, may raise a few questions about a certain Southern musician. No, we're not talking about his erstwhile OutKast collaborator André 3000, but Tom Petty. The first lines of a track with the title spelled out Thom Pettie feature an impossibly deep voice chanting, "Thom Pettie that hoe/Free falling, we out all night." We had to get to the bottom of the meaning before any real vicious lies or dangerous rumours spread.

What does it mean to Tom Petty somebody?
If you're going out for the wild night and you never know where the night is going to take you, we call it free falling. That's called Tom Pettying! If you Tom Petty for the night, you don't know where you're going to end up at in the morning.

Does Tom know about this?
I don't know.

Is this something you're doing to create a dialogue? Would you ever collaborate with him?
Hell yeah! If it was time to do it, then yeah. I'll work with anybody as long as it's fun.

I heard you had been working on something with Modest Mouse, too.
Well, they came and they wanted us to do some work on their album, me and my partner Chris (Carmouche), so they came down for a weekend and we co-produced like three records with them. I think they're just handling some stuff internally, but the songs are dope as hell, and I can't wait for them to come out.

Who else are you trying to work with?
I really want to work with Kate Bush. That's the only person that I haven't worked with that I want to.

I heard that you really wanting to work with her! And you guys are exchanging emails now?
We're actually talking on the phone. We're going to have a face-to-face meeting when I go over to Europe, just to sit down and talk with her, catch up a little bit and see where we can go from there.

How did the collaboration with the bands Phantogram and Little Dragon work? Did either of you come into the studio with ideas you wanted to use?
Not really. It really all starts with the music. We started recording and it was like an experimental process. We started with sound, from scratch, and let the song just build from there.

What kind of back-and-forth did you have with the bands?
As far as production wise, it was tinkering with the music. When we first record all the elements might not be there, and through the course of 13 months the song would change several times, just adding to the music. Me and my partner, Chris (Carmouche), were pretty much in charge of the whole metamorphosis of the music, so I had both Little Dragon and Phantogram each come for like a week straight, and we'd just sit down and record a lot of music. And then we would send the stuff back and forth, and if they had elements they wanted to add, they would add it and send it back to us.

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Redhead on the road: Lindsay hitches a ride on the romance bus

How serious are things getting between Lindsay Lohan and British boy-bander Max George? So serious that the troubled starlet has reportedly moved into his band The Wanted's tour bus, according to Hollyscoop. "(There's) no separate space, she bunks with the boys," the band tells the website. "It's nice to have a girl around. She keeps us in check." And George has been boasting of the supposedly sober Lohan's partying prowess, telling New York's Z100 radio station, "She always brings vodka to the table."

Lindsay Lohan ALL PHOTOS GETTY IMAGES

Shannen Doherty

Doherty reaches out to help troubled fan

Celebrities often say they care about their fans, but Shannen Doherty means it. The former Beverly Hills 90210 star called 911 from L.A. recently to get help for a Twitter follower in New Jersey Doherty believed was suicidal, according to TMZ. "This is going to sound incredibly strange," Doherty says on the 911 call, obtained by the website. "My name is Shannen Doherty and I'm an actress, and there is a girl who is threatening to shoot herself." The unidentified 27-year-old woman had sent Doherty messages on Twitter claiming she would kill herself if Doherty didn't call her on the phone. "My security guys told me to block her because she's aggressive and does very erratic things," Doherty says on the emergency call. "I felt bad for her, to be honest."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Beyoncé: Now brought to you by Pepsi

THE WORD
Dorothy Robinson
scene@metronews.ca

Pepsi is throwing a ton of cash — $50 million, to be exact — at Beyoncé to make the singer the "face" of the company. Here's what the deal includes:

- Beyoncé's face will be found on limited-edition cans, starting in March.
- She'll be featured in TV commercials, the biggest of which will debut after her Super Bowl XLVII halftime performance on Feb. 3.
- She will also appear in the usual media: billboards, magazine advertisements, etc.
- Pepsi will sponsor her tour.
- And here's where the deal might become an interesting collaboration: Pepsi will fund Beyoncé's creative whims, which might not have explicit connection to the soda giant, per the New York Times. This might mean live events, videos, "a cool photo shoot" or anything that Beyoncé might think of, said Lee Anne Callahan-Longo, the general manager of Parkwood Entertainment, Beyoncé's company.

Is anyone else surprised by this collaboration? I know it's hard to say no to $50 million, but soda is bad, y'all. Isn't she worried about lending her image and name to something that is known to cause wide-spread health problems?

Or am I just being all Mayor Bloomberg about this? Even looking past lending her image to a can of sugar, isn't Pepsi the No. 2 can of sugar? Leave Pepsi to Kelly Rowland, girl! You're a Coca-Cola girl all the way!

Demi Moore

Demi gets down: Moore's in Miami, trick!

Demi Moore is hitting Miami in a big way. The actress has been spotted around town multiple nights in a row at nightclubs and hotspots, living it up until the wee hours, according to Us Weekly. "The whole table was drinking," a source says after seeing Moore's gang kick off a recent night at club FDR. "She sat between two guys and was laughing, having fun." The group then hit up several other clubs before arriving at Rec Room around 4 a.m. "They were all starving," the source says. "They sat in the club eating burgers and fries and drinking beer until the club closed and the lights went on." While Moore's partying has led to problems before — including hospitalization and a stint in rehab earlier this year — a friend insists everything's fine, telling the magazine the actress is "in a good place. She's open to experiencing new things this year."

Taylor Swift

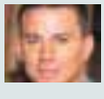
Harry Styles

Swiftly bonding with beau's bandmates

Taylor Swift's latest romance with Harry Styles gets the seal of approval from Styles' One Direction bandmate Louis Tomlinson, according to Us Weekly. "I'm happy they're good friends," Tomlinson coyly tells the magazine. "She's a really lovely girl." Given the amount of time Swift has spent recently with Styles — and the rest of the band, by extension — he's certainly had a chance to get a good impression.

Twitter

@Pink
I'm wishing everyone a little more tolerance this year in their stocking. For the new year. For Chanukah. Whatever you celebrate. After reading some of your responses to my happy Chanukah last night, I feel tolerance is something a lot of you need.



@channingtatum
Big thanks to the kids in Ms. Ochoa's 5th grade class at Poway's Valley Elementary! Great job on your project!

@rustyrockets
Anyone who does the (traumatic) Sydney Bridge Climb today tell "Bernie" the guide my Mum fancies him.

@ladygaga
He had me at "hello, it's Mick."

Fatty foods and a slim waist? It's a French secret

Health and well being. Metro's nutritionist takes on a French diet; chocolate soufflé and all

THERESA ALBERT
myfriendinfood.com

The French food diet isn't for everybody, but there are reasons it can work. HANDOUT

January will bring with it the resolution to lose weight or "get healthy," but come on, we all know it never works.

We are sidelined by the French-women-don't-get-fat-so-I-can-have-this-croissant the-size-of-my-face rationalization.

Wanting to test the French diet theory, I spent three days eating like the women I saw around me on a recent trip to Paris.

I asked a lot of questions and did everything they would do including eat late, drink wine, embrace cream and other fatty foods. What I discovered was that there is more, much more to it than meets the eye.

A typical (or slightly more decadent than typical) food day in Paris follows this pattern:

8 a.m.
Tiny croissant (four inches long), one teaspoon butter, one teaspoon jam and an espresso

10 a.m.
Espresso

1 p.m.
Fish soufflé, small salad, tiny scrap of bread, chocolate soufflé, one or two glasses of red wine

4 p.m.
Espresso, tiny cookie, a few nuts (four)

9 p.m.
Three ounces foie gras, five ounces baked fish, small scrap of bread, insanely buttery mushrooms, two or three glasses red wine, three homemade caramels.

I diligently followed the pattern, with variations, breaking every rule I have learned (and spouted) as a nutritionist.

By the end of the three days, my palate was happy as a clam but my body felt as sick as a dog.

Whether I am genetically unfit or my digestive system is untrained, this diet was clearly not meant for me.

Portion sizes were small enough that, even though the composition of the food was fattier, I was probably still clocking my average of 1,800 calories on a non workout day.

After only three days, my guts were churning, my gall bladder was screaming at me and I had gained a full pound and .01 per cent of a body fat percentage. This is statistically insignificant and unscientific to be sure, but it was interesting to note. My liver was probably ticked at me too, but livers are quiet, workaday organs that don't complain much.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT AND FOUND DAILY AT MYFRIENDINFOOD.COM

Secrets of the French

My goal was to come up with a take-home message that lets us enjoy the best of the French paradox while still applying a nutritionist's knowledge. Here are the secrets at play that let them get away with it:

- **Walk.** Parisians walk all day long, they walk to the subway, they take the stairs, they don't try to fit in a trip to the gym, but instead, they work their exercise into their day.
- **Drink.** Small, calorie free espressos fuel the day with less caffeine and fat than one double double adding up to about 300 calories less than the average Canadian's consumption (caloric-ally, that buys you two glasses of wine).
- **Hunger.** Caffeine consumed in this espresso fashion suppresses the appetite, sugary, fatty lattes do the opposite
- **Hunger.** Choosing full fat foods (not beverages) suppress the appetite and allow a little to go a long way

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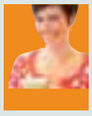

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

I'm guessing that by now you've been to at least three more parties than during any other month of the year. And more parties means more drinks.

It's a good time to think about how to protect your liver (year-round, but especially now). The liver does more than process alcohol — it has more than 500 jobs, including balancing your hormones and filtering every drop of blood.

Here are some foods that give your liver the nutrients it needs to keep you healthy:

• High selenium foods for proper enzyme activity: Brazil nuts, brewer's yeast, kelp, brown rice, garlic, onions and molasses.

• High methionine foods that aid in detoxification pathways: eggs, fish, legumes and seeds.

• High sulphur foods that aid in detoxification: broccoli, cauliflower, cabbage and brussels sprouts.

• Vitamin B5, which speeds up detoxification of acetaldehyde after alcohol consumption: whole grains, chicken, wheat bran and nuts.

• Vitamin B1, which reduces the toxic effects of alcohol, smoking and lead: wheat germ, dried peas and soybeans.

• Coffee, which has phytonutrients that help support the liver: three small cups per day, maximum.

And for heaven's sake, don't take acetaminophen (Tylenol) for a hangover, the combination with alcohol is toxic to the liver.

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Liven up ho-hum spinach with pecans, pears and brie

This recipe serves 8. BRIAN MACDONALD/ROSE REISMAN'S COMPLETE LIGHT KITCHEN

ROSE REISMAN
for more, visit
rosereisman.com

The sweet and savoury combination of cinnamon-sugared pecans, ripe pears and small morsels of brie is sensational. There is very little oil in this recipe, but you won't miss it. You can easily make this a main meal salad by adding some grilled chicken or shrimp.

1. Preheat oven to 350°F. Spray a baking sheet with cooking oil.

2. Rinse the pecans with cold water. Drain, but do not let them dry. Combine the icing sugar, cinnamon, allspice and nutmeg in a small bowl. Dip the pecans in the sugar mixture, coating them well. Spread on the prepared baking sheet.

3. Bake for 15 minutes in the centre of the oven. Remove and cool. When they're cool enough to handle, chop coarsely.

Ingredients

- 1/3 cup pecan halves
- 3 tbsp icing sugar
- 1/4 tsp cinnamon
- 1/8 tsp allspice
- 1/8 tsp nutmeg
- 8 cups baby spinach leaves
- 1 cup diced radicchio
- 1 large ripe pear, peeled, cored and diced
- 2 oz brie, diced
- 2 tbsp orange juice concentrate, thawed
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp minced garlic
- 1/2 tsp liquid honey
- 1/2 tsp Dijon mustard

4. Combine the spinach, radicchio, pear and brie in a large serving bowl.

5. Whisk the juice concentrate, oil, vinegar, garlic, honey and mustard in a small bowl. Pour over the salad and toss to coat. Garnish with the candied pecans.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Keep off those holiday pounds with this Roasted Cobb Salad

This recipe serves 8. MATTHEW MEAD/THE ASSOCIATED PRESS

1. Heat the oven to 425°F. Coat 2 rimmed baking sheets with cooking spray.

2. In a large bowl, mix the cornstarch, cumin, smoked paprika, garlic powder and 1 tsp of salt. Add the squash and toss until well coated. Arrange the squash in an even layer at one end of one of the baking sheets; it should take up about half of the sheet. Spritz the squash liberally with cooking spray.

3. Wipe out the bowl, then add the cauliflower and drizzle with 2 tbsps of the oil. Toss, then add 1 tsp of black pepper and toss again. Arrange next to the squash on the baking sheet. Bake for 35 to 45 minutes.

4. Meanwhile, add the carrots to the bowl (no need to wipe it out). Drizzle with 1 tbsp of the remaining oil, the fennel seeds and 1/2 tsp each of salt and pepper. Toss well, then arrange on one half of the second baking sheet. Add the brussels sprouts to the bowl (no need to wipe it out), drizzle with the molasses and the remaining oil. Toss well, then arrange next to the carrots. Arrange the sausages over the Brussels sprouts and carrots.

5. After the squash and cauliflower have roasted for 15 minutes, add the second baking sheet and roast both for another 20 to 30 minutes, or until the vegetables and sausages are browned and tender. Serve directly from the baking sheets.

THE ASSOCIATED PRESS

Ingredients

- 1 tbsp cornstarch
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp garlic powder
- Kosher salt
- 1 pound butternut squash, peeled, seeded and cubed
- 1 head cauliflower, cored and cut into small florets
- 4 tbsp olive oil, divided
- Ground black pepper
- 1 pound carrots, cut into 1-inch chunks
- 1 tbsp fennel seeds
- 1 pound brussels sprouts, bottoms trimmed
- 2 tbsp molasses
- 2 pounds sweet or spicy Italian sausages

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Behaving at the office Xmas party

Learn how to party smartly at your Christmas work do. HANDOUT

Holiday health. The big boss + free booze + a confined space = recipe for disaster. Don't let a night that's meant to be about festive fun turn into a nightmare

ROMINA McGUINNESS
romina.mcguinness@metro.lu

The holiday party is one occasions you can let your hair down, but there's a fine line between having some fun and misbehaving.

Etiquette advisor Jo Bryant, of the UK's leading authority on modern manners, Debrett's, tells Metro: "The aim is to keep your dignity. You're socializing with your colleagues, but with your bosses as well. It's about creating the right impression while making it seem like you're relaxed."

She talks us through the do's and the don'ts of the office party:

Look the part

DO meet workplace standards
"Make sure you look smart and well groomed and that you're fitting in with the ethos of the office. If you work in a very corporate environment, you'll probably be going somewhere smarter, so dress appropriately."

DON'T overdo it
If you work in a more relaxed office atmosphere, turning up in your best party frock when everyone else is in jeans might not be appropriate.

Dress the part

DO wear something different
This creates that distinction between a Christmas party, not a Monday. You want to look good — but don't go over the top by wearing something really out there.

DON'T wear what you wore to the office that day
If everyone else is going to make an effort and get changed, do the same.

Bulk up the contacts

DO circulate and socialize
Now is your opportunity to chat to people you don't normally speak to or have access to — like the boss.

DON'T be arrogant
Get your behaviour up to scratch. As you go around the room, stop to speak to people higher up in the pecking order. But that doesn't mean you should ignore people of lower ranking than you.

Chill out

DO impress people without promoting yourself
"This isn't the time to ask for a pay rise or complain. Avoid office chat, unless the big boss instigates it and seems keen to get your opinion. But equally, if you can talk to them about their family and their holidays, they might see you as more than just another member of staff.

DON'T shun your colleagues
Never neglect your team and spend the entire party schmoozing everyone else. Equally, don't just cling on to them and feel nervous about making new work friends.

Know your limits

DO drink, but don't get drunk
Hold yourself. If you're drunker than your companions, that's a big no-no. You should never be the drunkest person at the party.

DON'T be a party pooper
If you're feeling as though things are getting out of control and decide to stop drinking, don't make a big thing about it. Hang in there and don't draw too much attention to yourself. Maybe order a tonic water so it still looks like you're having a drink.

Exclusively online

- **Knot a problem.** It's holiday party season and you want to wear a tie. Larry Rosen, CEO of Harry Rosen (below), shows Metro how to tie his favourite knot. Watch the video on The Man Blog at metronews.ca.

Is regifting a social faux-pas?

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

In the past, regifting, couponing and bulk buying presents was considered a social faux-pas because it meant the gift-giver was being cheap.

But I couldn't disagree more. Resourcefulness is not the same as being cheap. Besides, stretching your dollars and taking advantage of opportunities to save money over the holidays will keep you out of debt, reduce waste and still allow you to spoil everyone on your gift list.

Wrap up that extra garlic press you received for your birthday and give it to your brother. Otherwise, it'll sit in your cupboard collecting dust. According to Couponcabin.com, nearly 40 per cent of North Americans regift presents and a large majority use coupons when holiday shopping. The most commonly re-gifted items are gift cards and duplicate and unwanted products.

If you plan to regift or coupon, follow these socially acceptable gift-giving parameters. Ensure the present is in its original wrapping and don't re-gift something that has clear signs it's been used. Remove your name from any tags or cards and don't give the gift back to the same person who gifted it to you. Avoid re-gifting intimate or personal hygiene products like underwear, nose hair clippers or razors. If you've received a sentimental gift, don't re-gift it because it could upset the person who gave it to you.

If you've bought something on sale or through a coupon, remove the bright red sale sticker and price tag. While opening presents, don't blurt out how proud you are that you used a coupon, be discreet.

When planning your holiday spending, be resourceful. Bulk buying some items like stocking stuffers or appreciation gifts for friends or colleagues is wise. Cash in unused loyalty rewards points toward gifts. Dig through your wallet, purse and junk drawer for any partially used gift cards. Use the gift cards toward gift purchases or cash them in towards a new gift card amount, pick a round number like $25 rather than regifting your card with $17.97 left on it.

Hoping to unwrap a pet on Christmas day?

Alison on Money. Small pets seem like a great gift idea — but don't forget about the future costs

YOUR MONEY
Alison Griffiths
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Lories and hotots and skinks, oh my! If it's a holiday pet you are considering, the choice is now enormous, especially among rodents, birds, fish and reptiles.

However, before you buy, be aware of care requirements and on-going costs.

According to the American Society for Prevention of Cruelty to Animals, $30 for a guinea pig is only the beginning.

The first year outlay will be just over $700 and about $635 annually after that.

In a 2011 report, Kiplinger.com rated fish as the cheapest pet both in terms of purchase and maintenance.

Gloriously hued guppies are as little as $1 and annual costs a mere $20, though set up can easily exceed $225 for an aquarium and all the fixings.

Perhaps your son or daughter has just seen How to Train Your Dragon and wants a bearded dragon (quite sociable, by the way.)

After spending $50 to $60 for the scaly beast, you will need a 40-gallon or larger terrarium, furniture for basking and hiding, bedding or a reptile carpet (yes, such a thing exists), calcium dust for a twice-weekly "shower" and, of course, food.

Making a basic happy home for a beardie costs from $500 to $1,000 — not including the lizard hammock.

At the cheaper end of things, a simple cage for a gerbil or rat or hamster is about $25 to $35, but pet owners are as keen to renovate as homeowners.

Just how much is a $1 goldfish going to set you back? ISTOCK IMAGES

Multi-level critter apartments can easily run to $200, not including toys and decor.

A pet budget and research will save you from what I call Iguana Shock Syndrome.

A friend in Victoria, B.C. bought an itty-bitty green iguana in 1990.

Fourteen years later, the nearly two-metre creature had taken over the spare bedroom and its care was rivaling the cost of a child. And like a teenager, Moe was cranky.

A good beginning resource is mypetsmart.com (go to pet care solutions, then care guides) where you'll find that the bearded dragon is an omnivore recommended for age 10 and up and lives approximately 10 years.

Dozens of pets are listed as suitable for beginner, intermediate or advanced owners.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Ryan Nugent-Hopkins collects his sticks on Monday after arriving in Calgary for Canada's junior hockey team selection camp. JEFF MCINTOSH/THE CANADIAN PRESS

Nugent-Hopkins leads junior hopefuls

World junior championship. Burnaby, B.C., native is lone NHL player available to Canada, though some players would likely be in league if not for lockout

Once again, an NHL lockout is creating unexpected benefits for Canada's junior hockey team.

He's already played for Canada in the men's world hockey championship this year, but the NHL lockout means Ryan Nugent-Hopkins will get to play in the world junior championship for the first time in his career.

That also occurred during the NHL lockout of 2004-05, when Boston Bruins forward Patrice Bergeron was named the most valuable player of the 2005 junior tournament in Grand Forks, N.D., after helping Canada win gold at the 2004 world championship in Prague.

Nugent-Hopkins, 19, has a full NHL season behind him in which he was a finalist for the Calder Trophy, which goes to the league's top rookie. The Oilers didn't make him available to the Canadian team that won bronze at the 2012 world junior championship in Alberta.

Now, two years after he was cut from Canada's junior team at age 17, Nugent-Hopkins is expected to lead it into the tournament starting Dec. 26 in Ufa, Russia.

Since Nugent-Hopkins brings hockey experience to this Canadian team no other players have, Hockey Canada's expectations of him are high.

"I've got to try to take on more of a leadership role this year," Nugent-Hopkins said Monday at the Calgary airport. "As a 17-year-old, I couldn't come into camp and do that. I'm definitely going to try and take some experience from Worlds and bring it to this camp here.

"I feel like I'm a different person than I was a couple of years ago. My game has definitely evolved a lot and I see myself more as a two-way player right now, so I'm definitely going to try and take on that role at this camp." THE CANADIAN PRESS

Camp dates

- The 36 players invited to this year's selection camp streamed through the Calgary airport Monday.
- The players get on the ice Tuesday at Canada Olympic Park and the 23-player team will be chosen by Thursday.
- The invitees will play an intra-squad game Tuesday followed by games against university players the following two days.

Lockout

More games axed by NHL

The earliest a shortened NHL season will start is Dec. 31.

The league cancelled another 104 regular-season games on Monday afternoon, bringing the total number wiped away by the lockout to 526. That represents nearly 43 per cent of the season.

The NHL and NHL Players' Association appeared to be closing in on a deal last week before negotiations fell apart.

After talks broke down, commissioner Gary Bettman said the league needs to be able to fit in at least 48 games per team to save the season, which means a new collective bargaining agreement likely has to be signed within the next month. THE CANADIAN PRESS

Hockey

NHL stars could skate for Canada at Spengler Cup

Canada could be sending quite an impressive team to the Spengler Cup.

With the NHL's announcement Monday that all games through Dec. 30 have been cancelled, the possibility of locked-out players wearing the Maple Leaf over the holidays in scenic Davos, Switzerland, increased.

Tyler Seguin, Jason Spezza, Patrice Bergeron and John Tavares are among the Canadian players who have spent the lockout playing in the Swiss league and would be eligible to compete in the historic club-team tournament. Hockey Canada has been in touch with all of them. THE CANADIAN PRESS

Sinclair wins Canadian athlete-of-year prize

Christine Sinclair celebrates after winning the bronze medal soccer game at the London Olympic Games in August. Sinclair is the winner of the 2012 Lou Marsh Award. FRANK GUNN/THE CANADIAN PRESS

Christine Sinclair has won the Lou Marsh Award as Canada's athlete of the year, becoming the first soccer player to take home the 76-year-old trophy.

The 29-year-old from Burnaby led Canada's women's soccer team to a bronze medal at the London Olympics.

It was her performance in a semifinal loss to the United States at Manchester's Old Trafford that likely solidified her place among the pantheon of previous Lou Marsh winners, among them Wayne Gretzky, Terry Fox and Bobby Orr.

With Canada facing the world's best team on one of soccer's sacred grounds, Sinclair put in her greatest performance as a top-level star, giving Canada the lead with each of the three goals she scored. The U.S. won the game, 4-3. But even in defeat, Sinclair earned a new level of acclaim.

"I'd put Christine up there with Roger Federer. I'd put her up there with Serena Williams. She's genuinely up there with the biggest and best athletes in the world. She is at the Michael Jordan level," John Herdman, her coach on the national team, said. "That's a reality."

Sinclair won the award, which was first handed out in 1936, after a vote by a committee made up of representatives of Canada's major sports media outlets. Also given heavy consideration by the committee were cyclist and Giro d'Italia winner Ryder Hesjedal; trampolinist and London Olympic gold medallist Rosie MacLennan; world champion speed skater Christine Nesbitt and No. 13 ranked tennis player Milos Raonic. TORSTAR NEWS SERVICE

Sinclair's Golden Boot

6

Christine Sinclair scored an Olympic record six goals at the London Olympics to win the tournament's Golden Boot.

Horoscopes

♈ Aries
March 21 - April 20
By all means "borrow" someone else's design if you think it will benefit you in some way. There's no copyright on ideas or insights – if they're out there in the public domain you are entitled to use them.

♉ Taurus
April 21 - May 21
You may be tempted to sell a possession that means a lot to you, but if you do you will most likely regret it. No matter how desperate your money situation may be you should hang on a little while longer.

♊ Gemini
May 22 - June 21
You must not let other people get away with making statements that you know to be untrue. Make it your aim to point out the errors and inconsistencies in what so-called "experts" are trying to pass off as facts.

♋ Cancer
June 22 - July 23
The planets are about to show you a way that you can better yourself without having to work your fingers to the bone 24 hours a day. There are no easy routes to fame and fortune but there are certainly a few shortcuts.

♌ Leo
July 24 - Aug. 23
The message of the stars is that you are subconsciously putting obstacles in your path because you are not sure you are doing the right thing. In which case maybe you should think again about your current plans.

♍ Virgo
Aug. 24 - Sept. 23
You will help a friend or work colleague resolve a difficult problem today. Watch out though that you don't get suckered into doing something for others just because they are too lazy to do it for themselves.

♎ Libra
Sept. 24 - Oct. 23
The answer to your current problem is quite obvious and the only reason you can't see it is because you are looking in the wrong place. Trying widening your horizons a little. Bring the bigger picture into focus.

♏ Scorpio
Oct. 2 04 - Nov. 22
A work or money problem is not going to just fade away: it will only be resolved when you resolve to do something about it. You don't have to have the definitive answer – just make a decisive move of some sort.

♐ Sagittarius
Nov. 23 - Dec. 21
If you want something enough you will find a way to get it. However, for best results you are advised not to aim for anything too grand. Make it something of a material nature, something you can hold in your hand.

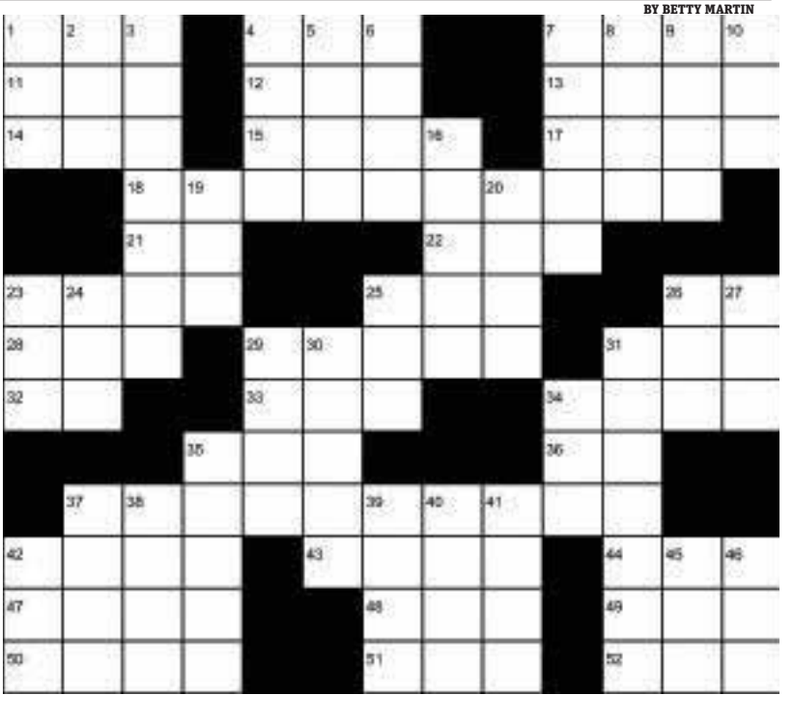
♑ Capricorn
Dec. 22 - Jan. 20
You can look at what happens today either as an interesting challenge or a situation to be avoided. Either way is valid but you will have more fun, and learn more, if you treat it as a challenge.

♒ Aquarius
Jan. 21 - Feb. 19
Not everything in life has a simple answer and the sooner you accept that fact the sooner a solution to an emotional dilemma will appear. Try to think less in terms of black and white and right and wrong.

♓ Pisces
Feb. 20 - March 20
Your authority will be challenged in some way today but it's not the end of the world so don't overreact. You know your own worth and what you are capable of, so stay calm and laugh at those who try to upset you. SALLY BROMPTON

Crossword

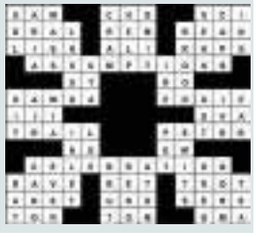
BY BETTY MARTIN



Across
1. Afternoon snooze
4. Bond, for one
7. Appeal
11. Actress Peeples
12. Jonny — Miller of Elementary
13. Name in jeans
14. Extensions
15. Laugh-In regular Johnson
17. Like fine wine
18. Compliance
21. My Name – Earl
22. Transgression
23. Woodwind instrument
25. Knock lightly
26. Part of Santa's greeting
28. Stimpy's pal
29. Collar inserts
31. — Aviv
32. "— Cid"
33. Sphere
34. Fr. Father
35. 'Peggy — Got Married"
36. Yours, Mine and Ours actress (init.)
37. Rival in sport
42. Indian dress
43. Edge
44. Curve
47. Face shape
48. Grazing ground
49. Taxi
50. Proofreader's mark
51. Cap
52. And so on....

Down
1. Opposite of SSW
2. Feel sick
3. Depth of feeling
4. Concrete piece
5. Salon offering
6. Abominable snowman
7. Homely
8. Building block toy
9. Equal
10. Assist
16. English homework, perhaps
19. Avail
20. Takes tiny drinks
23. Metallic rock
24. Dallas star Barbara — Geddes
25. Keyboard key
26. That girl
27. Spanish cheer
29. Lunchtime favourite
30. Shade providers
31. Patio
34. Paid athlete
35. Put on a happy face
37. Grotto
38. Articulated
39. Tip to one side
40. Notion
41. Kind of spirit
42. Lawn covering
45. The — Patrol
46. Canadian Broadcasting Corporation (abbr.)

Yesterday's Crossword



What's online

See today's answers metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	1			5			7	
		2	8		3	9		
9								4
4		8				5		2
			5		6			
7		9				1		6
1								9
		7	2		5	3		
	4			9			1	

Yesterday's Sudoku

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